25 ESSENTIALS

# TECHNIQUES FOR GAS GRILLING

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# Table of Contents

Title Page
Table of Contents
Copyright
Dedication
Photo
Introduction
The Essentials of Gas Grilling
25 ESSENTIALS TECHNIQUES FOR GAS GRILLING
Technique 1: Wrapping and Grilling Vegetables
Technique 2: Grilling Bread
Technique 3: Grilling Flatbread
Technique 4: Wrapping and Grilling Shellfish
Technique 5: Foil-Packet Grilling
Technique 6: Grilling Kabobs
Technique 7: Grilling Firm Fish
Technique 8: Grilling Delicate Fish
Technique 9: Grilling Shellfish
Technique 10: Grilling Boneless Poultry
Technique 11: Grilling Bone-In Poultry
Technique 12: Grilling Duck
Technique 13: Grilling with a Marinade
Technique 14: Grilling Thick Boneless Steaks
Technique 15: Grilling Thick Bone-In Steaks
Technique 16: Grilling Ribs
Technique 17: Grilling Loin Roasts
Technique 18: Grilling Large Cuts of Meat
Technique 19: Grilling Sliced Vegetables
Technique 20: Grilling Delicate Vegetables
Technique 21: Grilling Leafy Vegetables
Technique 22: Grilling Hard Vegetables
Technique 23: Grilling Whole Vegetables
Technique 24: Grilling Fruit
Technique 25: Grilling Bread and Cheese
Measurement Equivalents
Index
About the Author

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**FOR JOAQUIN**

May cooking outdoors give you as much pleasure in your life as it has given me in mine. Let's eat!

# Introduction

The goal of this book is a simple and direct one: namely, to expand the number of delicious dishes you can confidently cook on your gas grill. The 25 recipes presented here should be considered "sure bets"—recipes that come together quickly with a minimum of fuss, have memorable flavors, and can be produced by novice and experienced grillers alike. If you master only half a dozen of the recipes in this book, I can almost guarantee that you will be known far and wide as an excellent griller.

If you're a novice griller, please read through The Essentials of Gas Grilling on [>]. The list of things you need to know about gas grilling is short but important. It's good to keep in mind that gas grills were developed to simplify home grilling and that gas grilling remains a very straightforward, simple, relaxed cooking method. The recipes on the following pages reflect that straightforward, relaxed attitude but with a creative, full-flavored flair that is sure to win you, the griller, a lot of compliments. And what cook doesn't like compliments?

Luckily for the backyard griller, the ever-increasing popularity of gas grills has brought about significant improvement to the grills themselves. Manufacturers have been listening to the marketplace, resulting in better heat distribution, less likelihood of flare-ups, more useful accessories, and better and longer-lasting construction. It's a good time to be grilling over gas!

Grilling over a live fire is the most adaptable and universal cooking technique known to mankind. Dig deep enough in any of the world's culinary histories, and you'll find a grill, a fire, and some tasty food waiting to be turned into a meal. Each time you light up your gas grill and prepare something you've never tasted before, you're engaging in an age-old practice, no matter which culinary tradition you're trying.

## The Essentials of Gas Grilling

Anyone who has visited a store where gas grills are sold knows there is a dizzying array of choices. Trying to sort through these choices can be a confusing process. Here is a short list of things to be aware of when buying a new gas grill:

- You don't need to spend a fortune to get a good gas grill—in fact, you should be able to purchase an excellent grill that will last between 10 and 15 years for between $300 and $400.
- The sturdiest and longest-lived grills are constructed from stainless steel or cast aluminum. Avoid grills constructed from sheet metal.
- Look for grills with a heat output of at least 35,000 BTUs with at least two burners; three is better for indirect cooking (see below).
- The more heavy-duty the cooking grate, the better. Look for a cooking grate constructed of stainless steel, with bars at least ¼ inch thick.
- A thermometer mounted in the hood is practically a necessity.
- You can never have enough unencumbered horizontal space. Shelves on both sides of the grill will come in extremely handy.
- If it doesn't come with one, be sure to purchase a protective cover for your grill; it will add years to its life.

## DIRECT AND INDIRECT COOKING

Direct cooking on a gas grill means cooking directly over the heat source, with the lid up or down. Indirect cooking means placing the food to be cooked over a burner that has been turned off, leaving the other one or two burners on low, medium, or high heat. (All but the smallest gas grills are equipped with more than one burner.) In indirect cooking, the lid of the grill is kept closed.

If you are unfamiliar with indirect cooking, it's a technique you

will want to master. The reason for this is twofold. First, indirect cooking virtually ensures that the food being cooked will not burn. Second, indirect cooking greatly reduces the incidence of fat dripping onto the burners and returning to the food via flare-ups and excessive smoke.

You may want to place certain foods directly over the heat at the beginning of the cooking time to sear them before moving them to indirect heat. At other times, you may want to place foods over direct heat only at the end of cooking time—perhaps for just a minute or two—to develop a nicely browned exterior.

## COOKING TIMES

Many, many variables affect the cooking time of gas-grilled food. The outside air temperature and the level of wind will change the temperature inside the grill, in the way you might predict but—in my experience at least—more dramatically than you'd expect. Just as much variability comes from your grill itself: the types of burners and radiant material in your particular model, the shape and size of the grill, the distance from the burners or radiant material to the cooking grate, and, especially, the differences from one manufacturer or model to another in what the settings "high," "medium," and "low" mean can all affect your cooking times.

Therefore, all of the cooking times given on the following pages are, by necessity, approximate. As many people do with their indoor ovens, after you've used your grill a bit you will get a feel for whether your grill cooks "hot" (that is, more quickly) or "cool" (that is, more slowly) relative to the specific recipe instructions, and you can make adjustments accordingly. To avoid adding even more variability to cooking times, try to keep to a minimum the number of times you open the grill's lid while you are cooking. Every time you open the lid, you lose heat and add to the cooking time.

Keep in mind that it is always better to err on the side of undercooking rather than overcooking. Any food can easily be returned to the grill for more cooking, but there is little you can do if you have overcooked your food.

## GENERAL GRILLING GUIDELINES

- Always start with the best possible ingredients, whether it's a tomato, a tuna steak, or a pork loin. Grilling is a very simple form of cooking, and, as such, there is little to mask or improve the flavor of ingredients that are less than the best and freshest.
- Allow food to come to room temperature before grilling. Generally speaking, this means removing it from the refrigerator 20 to 30 minutes prior to cooking.
- As a rule, do not partially cook vegetables before grilling them. Parboiling, steaming, or microwaving produce prior to grilling it will result in a mushy, inferior texture.
- Always preheat your grill for about 10 minutes prior to grilling. Preheat with the burners on high and the lid down. Preheating helps to burn off any food residue from previous meals that has adhered to the cooking grate or the radiant material, and it brings the grill up to a temperature that will cook food properly, without sticking.
- When in doubt, use a meat thermometer. It offers the easiest and most reliable way to determine the doneness of any meat or poultry.

## ACCESSORIES

Great gas grilling starts with a solid, reliable grill. Beyond that, the list of accessories most grillers find truly useful is straightforward.

- **SPATULA.** Get one with a long handle and a blade that's thin and flexible but not too floppy, which will be ideal for sliding under delicate foods like vegetables and fish. Offset spatulas, with the blade lower than the handle, work particularly well in grilling.
- **BASTING BRUSHES.** For fast and easy basting, paintbrushes from the hardware store work wonderfully, especially ones about 2½ inches wide. Because it is not easy to clean brushes

on the fly, I recommend you keep at least two on hand, for those times when you're preparing different dishes with different sauces. Otherwise, your sauces may get mixed together.

- **FORKS.** You will need a large chef's or carving fork or two if you will be grilling large roasts or whole birds. Find the best-quality ones you can—long-handled, extra sturdy, and with sharp tines. Do keep the tines sharp. With dull ones you will have to force the fork farther into the meat to get a grip, and that will lead to the draining of flavorful juices.
- **SPRING-LOADED TONGS.** Again, get the best-quality and sturdiest ones you can find. Although long tongs are useful, the laws of mechanics say that the longer the tongs, the more effort you will have to expend when you use them to lift something heavy, like a roast. I prefer using medium-length (12 inches or so) tongs, along with a great pair of gloves or mitts.
- **GLOVES.** Of all the grilling and barbecue accessories available these days, heat-resistant gloves are the ones that most commonly disappoint the experienced griller. Grilling suppliers typically offer standard kitchen mitts with an extra couple inches of length, barely covering the wrist and with scarcely any additional heat protection. If you live in or near a large city, do what Cheryl and Bill Jamison, authors of the definitive books on smoke-cooked barbecue, *Smoke & Spice* (The Harvard Common Press, 1994) and *Sublime Smoke* (The Harvard Common Press, 2004), recommend: Stop by a firefighters' supply store and get yourself a pair of truly protective, elbow-length neoprene gloves. They can also be purchased from online sources. If you cannot find these, do get the longest and most heat-resistant gloves you can find.
- **INSTANT-READ MEAT THERMOMETER.** This is an indispensable tool if you will be cooking large items like roasts or whole birds. Get one that is sturdy and has a sharp insert.
- **SKEWERS, BOTH BAMBOO AND METAL.** Have plenty on hand, especially if you entertain, and do not forget to soak bamboo ones for about 30 minutes before you use them. Some kabob pros favor two-pronged or square skewers, which keep the skewered food from spinning around. These come in metal but not disposable bamboo, so if you opt for these you will

have to wash them after meals. You could also use two bamboo skewers per kabob to prevent spinning.

- **GRIDS, RACKS, BASKETS.** Grill grates are designed for the big, sturdy old standards, like burgers and steaks. For smaller or more delicate foods, you will want a separate grid or rack with smaller openings. The rack simply sits atop your built-in cooking grate. Wire baskets, with hinges and a handle, will serve you well if you cook whole fish or fish fillets; you can turn the fish and remove it from the heat without fear of it sticking to the grate or breaking apart and falling into the grill. Fish baskets are indispensable if you will be cooking any skin-on fish.
- **TWO LARGE CUTTING BOARDS.** Save yourself cleanup trips to the kitchen by keeping one board for raw foods and one for finished dishes.
- **MARINATING BOWLS.** Make sure these are made of glass or another nonreactive material. Have at least one on hand that is quite wide and deep.
- **LOTS OF HEAVY-DUTY ALUMINUM FOIL.** You will find this useful, especially if you do not own separate racks or baskets, for holding small and delicate foods in place on the grill. If your grill has a warming rack for foods that are done cooking, an extra layer or two of foil under or around the food will keep it moist and give you more insurance against overcooking. Foil is also helpful for containing wood chips or other aromatics such as herb sprigs. Simply layer two pieces of aluminum foil about the size of a couple of decks of playing cards, and wrap the soaked wood chips into a packet. Poke 3 or 4 holes (each about ¼ inch in diameter) in the top, and place the packet right on top of the flame deflector bars. Some grilling aficionados swear that the best cooking-grate cleaner is crinkled-up foil; it certainly works well, but the catch is that the best time to clean a grate is when it is still hot, and you will need to be careful if using foil.
- **CLEANING BRUSH.** Get one with stiff bristles, such as brass. Do follow your grill manufacturer's recommendations, particularly if you own a model with a cooking grate made of porcelain-coated steel, which can chip. Grill dealers sell brushes that are designed for cleaning porcelain.
- **WOOD CHIPS.** One of the easiest ways to add flavor to gas-

grilled food is to add wood chips inside the grill when you cook. You can simply wrap the chips in foil, as described above in the section on foil (soak the chips in water for about 30 minutes before you do so). If you're a big fan of smoke-flavored food, consider purchasing a metal smoker box made especially for gas grills, available online or in specialty grill shops.

- **LIGHTING.** If you have not yet outfitted your cooking area with an overhead light for cooking at night, a clip lamp or a flashlight will come in handy.
- **SPARE GAS TANK.** If there is one immutable law of gas grilling, it is that the most likely time to run out of propane is on a Sunday evening, when there's a small horde of hungry guests waiting to eat and no propane dealer is open for business.

## SAFETY

Gas grills are remarkably safe to use, but only if they are used properly. Take the time to read through the owner's manual that came with your gas grill, making special note of any safety precautions specific to your equipment. For whatever grill you own, the following guidelines are worth keeping in mind.

- Gas grills are intended for outdoor use only. Do not use your grill in a building, garage, or semi-enclosed area, on a balcony or porch (screened or unscreened), or under a ceiling, overhang, or other cover. Do not install a gas grill on a recreational vehicle or boat. Always keep the area around and under the grill clear of any combustible materials.
- Do not locate the grill on an uneven or unstable surface. Do not place the grill on a sidewalk or path.
- Do not store or use flammable vapors and liquids, such as gasoline, near your gas grill.
- LP gas cylinders should be stored outdoors, in an area where the temperature never exceeds 125˚F. If exposed to high temperatures, the relief valve may open, allowing flammable

gas to escape.

- Do not store an auxiliary LP gas cylinder in the vicinity of the gas grill, and do not store it in a building, garage, or other enclosed or semi-enclosed area.
- Always transport, store, and use LP gas cylinders in an upright position.
- Do not disconnect gas fittings or valves while the grill is in use.
- Make sure the lid of the grill is open before lighting the burners.
- Do not leave the grill unattended while it is in use.
- Do not move the grill while it is lit.
- Do not block air to the grill or to the ventilation openings. Do not use lump charcoal in your grill; it will break down and plug the ventilation holes.
- To avoid bacterial contamination, use separate cutting or carving boards, and separate platters, for raw foods and cooked or finished ones. Any marinade that will be reused in a finishing or table sauce must first be boiled fully.
- Do not wear loose-fitting clothes (sleeves, especially) when you grill.
- Do not let children play near the grill. (It's a good idea to keep pets away from a hot grill, too.)
- If you smell gas, shut off the gas to the grill, extinguish any open flame, and open the lid to the grill. If the odor persists, immediately call your gas supplier or your local fire department.
- Never check for gas leaks with a lighted match or open flame. A good way to test for leaks is to keep a spray bottle full of soapy water on hand; spray the joints or fittings, and if you can see bubbles forming, you have a leak. Repair or replace the leaking parts promptly. Test for leaks the first couple of times you use a new grill and on a regular basis as your grill gets on in years.
- If a burner does not light, turn off the gas, wait 5 minutes, and try again. The problem may be a blockage in your grill's venturi tube. Check your owner's manual for instructions on cleaning it out.
- Always make sure the LP gas cylinder valve is closed when the grill is not in use.

- Have dented or rusty gas cylinders inspected by your propane dealer. If the rust or dents are severe, replace the tank.
- If you are discarding and not refilling an old tank, do so according to the safety and waste-handling regulations in your community. Remember that while an "empty" tank may have no more liquid in it, it does contain flammable vapors.

# 25 ESSENTIALS TECHNIQUES FOR GAS GRILLING


1. WRAPPING AND GRILLING VEGETABLES [>]
2. GRILLING BREAD [>]
3. GRILLING FLATBREAD [>]
4. WRAPPING AND GRILLING SHELLFISH [>]
5. FOIL-PACKET GRILLING [>]
6. GRILLING KABOBS [>]
7. GRILLING FIRM FISH [>]
8. GRILLING DELICATE FISH [>]
9. GRILLING SHELLFISH [>]
10. GRILLING BONELESS POULTRY [>]
11. GRILLING BONE-IN POULTRY [>]
12. GRILLING DUCK [>]
13. GRILLING WITH A MARINADE [>]
14. GRILLING THICK BONELESS STEAKS [>]
15. GRILLING THICK BONE-IN STEAKS [>]
16. GRILLING RIBS [>]
17. GRILLING LOIN ROASTS [>]
18. MARINATING AND GRILLING LARGE CUTS OF MEAT [>]
19. GRILLING SLICED VEGETABLES [>]
20. GRILLING DELICATE VEGETABLES [>]
21. GRILLING LEAFY VEGETABLES [>]
22. GRILLING HARD VEGETABLES [>]
23. GRILLING WHOLE VEGETABLES [>]
24. GRILLING FRUIT [>]
25. GRILLING BREAD AND CHEESE [>]

# Technique 1: Wrapping and Grilling Vegetables

## ASPARAGUS WRAPPED IN PROVOLONE AND PROSCIUTTO

**SERVES 4 TO 6**

There's a restaurant in the Napa Valley called Bistro Don Giovanni, a favorite with locals and visitors alike. Chef Donna Scala (who owns the place along with her husband, Giovanni) is a wizard in the kitchen, cooking up really tasty food, often with amazingly simple combinations of flavors. This recipe was inspired by one of her dishes; Donna's version has a light coating of bread crumbs and is sauteed rather than grilled. I was curious as to whether or not I could re-create the flavors on the grill, and to my surprise, it turned out great. More than one person has said after the first bite: "I could make dinner out of just a plateful of these!" Thanks, Donna.

Any time you wrap food for grilling, it calls for a little extra care in handling it on the grill. You have to keep your wits about you, especially when turning the food. To make the situation less stressful, you can always use a toothpick to keep everything in place—just be sure to remind your diners that the toothpicks are there.

**INGREDIENTS**

| | |
|---|---|
| **12** | **fat spears fresh asparagus, bottoms trimmed, tough skins from bottom half peeled with a vegetable peeler** |
| **12** | **long, thin strips prosciutto, about as wide as the asparagus** |
| **12** | **long, thin strips provolone cheese, about as wide as the asparagus** |
| **2** | **tablespoons sherry vinegar** |
| | **Freshly ground black pepper to taste** |

**METHOD**

1. Bring a large skillet of water to a boil over high heat. Add the asparagus and blanch for 1½ to 2 minutes. Immediately place the blanched asparagus in a large bowl of ice water for about 3 minutes to stop the cooking. Drain and dry on a large kitchen towel or several thicknesses of paper towel. (This is the one time I break my own rule on parboiling vegetables.)
2. Preheat the grill with all the burners on high and the lid closed for 10 minutes.
3. Place a slice of prosciutto on the work surface, and lay an asparagus spear on top of one end of the prosciutto. Place a piece of provolone next to the asparagus spear. Tightly wrap the prosciutto around the asparagus and cheese in a spiral fashion; the prosciutto will hold the cheese in place. Repeat with the remaining prosciutto, asparagus, and cheese.
4. Turn the center burner off and the other burners to medium. Place the asparagus over the center burner and grill, with the lid up, for a total of 5 to 6 minutes, 2½ to 3 minutes per side.
5. Place the grilled asparagus on a platter. Drizzle the sherry vinegar over the top and sprinkle on some black pepper. Serve hot or warm.

## Technique 2: Grilling Bread

### CLASSIC BRUSCHETTA

**SERVES 8**

As simple as it is, bruschetta is one of the most satisfying of all foods to grill—as long as you use good bread, that is. A dense, crusty loaf made in the Italian or French style is what you want. This makes a perfect warm-weather appetizer and is always excellent eating.

Just about every culture has its version of bread-based snacks, whether it's Indian naan, Mexican tortillas, or Middle Eastern pita; interestingly, they all benefit from toasting, especially over a live fire. As simple as the combinations may be—grilled naan and mint chutney, crisp tortillas and guacamole, warm pita and baba ghanoush—they are among the most satisfying things to eat in the culinary universe. For a grilled variation on baba ghanoush, see [>].

**INGREDIENTS**

| | |
|---|---|
| | **Loaf of dense, crusty Italian or French bread, about 16 inches long** |
| | **Extra-virgin olive oil** |
| | **About 4 cloves garlic, halved** |
| **16** | **slices fresh tomato (optional)** |
| | **Shaved Parmesan cheese or 16 small slices fresh mozzarella cheese (optional)** |
| **16** | **fresh basil leaves (optional)** |

**METHOD**

1. Preheat the grill with all the burners on high and the lid closed for 10 minutes.
2. Using a serrated knife, cut the bread into slices about 1 inch

thick. Some folks brush the bread with olive oil before grilling, and others add it after the bread has been toasted. Believe it or not, it makes a difference. Try a couple of slices—one each way—to see which method you prefer.

3. Turn all the burners to medium, place the bread slices directly over the fire, and cook, with the lid up, turning once to toast both sides. Watch like a hawk; toasting the slices to golden perfection will take only a couple of minutes.
4. While the bread is still warm, rub the top surface with a cut clove of garlic. Top with fresh tomato slices, Parmesan or mozzarella cheese, and/or a few fresh basil leaves, if desired.

## Technique 3: Grilling Flatbread

### GRILLED QUESADILLAS

**SERVES 6**

This is an interesting variation on quesadillas, taught to me by my daughter's boyfriend, Enrique. The combination of crispy flour tortilla and melted cheese with fresh ingredients like lettuce, tomatoes, and onions is a winner. Betcha can't eat just one!

If you want to make these more substantial and serve them as a main course, any type of leftover meat can be added when you add the lettuce. Crumbled, cooked hamburger or sausage, chopped grilled chicken, or diced cooked pork are all good possibilities.

To serve, cut the quesadillas into wedges with a sharp knife, like a pizza. Serve with a variety of your favorite hot sauces or salsas.

**INGREDIENTS**

| | |
|---|---|
| **6** | **12-inch flour tortillas** |
| **3** | **cups shredded cheese of your choice, such as cheddar, Monterey Jack, or a Mexican blend** |
| | **Shredded lettuce (optional)** |
| | **Diced tomatoes and onions or pico de gallo (optional)** |
| | **Guacamole (optional)** |
| | **Hot sauce of your choice (optional)** |

**METHOD**

1. Preheat the grill with all the burners on high and the lid closed for 10 minutes.
2. Turn all the burners to medium. Working with the lid open, place the tortillas directly over the heat (you may have to cook them in batches). Place ½ cup shredded cheese on one

half of each tortilla. Fold the other half over the cheese and press down slightly. Cook for 2 to 3 minutes, then turn and grill for another 2 to 3 minutes. Continue cooking, flipping every 2 minutes or so, until the cheese is completely melted and the tortilla just begins to brown.

3. Remove from the grill and open the folded tortilla carefully. Fill with shredded lettuce, diced tomatoes and onions (or pico de gallo), guacamole, and hot sauce as desired. Refold the tortilla, slice into wedges, and serve immediately.

## Technique 4: Wrapping and Grilling Shellfish

### SHRIMP WITH BASIL AND PROSCIUTTO

**SERVES 4 TO 6**

This appetizer is a triple threat if ever there was one: three simple ingredients that add up to much more than the sum of their parts. Serve these hot off the grill or at room temperature—they'll disappear so fast it'll make your head spin.

Variations on this recipe include using either sea scallops (not bay scallops, as they are much too small) or calamari, or a combination of any two, or all three! You could also substitute other fresh herb leaves to suit your taste. The preparation with scallops or calamari is virtually the same as with shrimp, and you'll likewise need to keep a very close eye on either of these other options while grilling, as overcooking will make them tough in a matter of just a minute or two. Once the shrimp, scallops, or calamari have turned from translucent to opaque, they will need only a minute or so longer to be cooked to perfection.

**INGREDIENTS**

| | |
|---|---|
| **16** | **large raw shrimp, peeled, tails on** |
| **16** | **large fresh basil leaves** |
| **16** | **thin slices prosciutto** |
| **1** | **lemon, cut into wedges** |
| | **Freshly ground black pepper to taste** |

**METHOD**

1. Preheat the grill with all the burners on high and the lid closed for 10 minutes.
2. Rinse the peeled shrimp in cold water. Blot dry on several thicknesses of paper towel.
3. Wrap each shrimp with a basil leaf, followed by a slice of prosciutto; the natural stickiness of the prosciutto will hold

the basil in place.

4. Turn all the burners to medium-low, place the wrapped shrimp on the grill, and cook, with the lid up, for a total of 3 minutes, 1½ minutes per side.
5. Place the grilled shrimp on a platter; squeeze the fresh lemon juice over them and sprinkle with a few grinds of black pepper. Serve hot or at room temperature.

# Technique 5: Foil-Packet Grilling

## MUSSELS BORDELAISE

**SERVES 1 PER DOZEN MUSSELS**

Normally I'm against wrapping any food in foil and then "grilling" it. This is the one exception you'll find in this book, simply because it's so fast and delicious. Mussels make a great appetizer, or you can turn this dish into an entrée with the addition of a crisp green salad and some warm, crusty bread. Actually, even if you're serving this as an appetizer, be sure to provide some good bread for sopping up the delicious juices. Mussel lovers will be able to eat a dozen or more as an appetizer without blinking, so adjust these quantities as needed for your crowd, with a separate foil packet for each dozen mussels. Rinse and debeard the mussels first, discarding any that won't close (a live mussel will slowly close its shell when handled). After cooking, discard any mussels that haven't opened.

If mussels aren't your thing, you can substitute scrubbed littleneck clams. As an added flavor treat, add ¼ pound cooked, crumbled chorizo sausage to the mixture in the foil packet before sealing it up.

**INGREDIENTS**

| | |
|---|---|
| **12** | **mussels** |
| **⅓** | **cup dry white wine** |
| **1** | **clove garlic, crushed or minced** |
| | **Juice of ½ lemon** |
| **1** | **tablespoon finely chopped fresh flat-leaf parsley** |
| **¼** | **teaspoon kosher salt** |
| | **Freshly ground black pepper to taste** |

**METHOD**

1. Preheat the grill with all the burners on high and the lid

closed for 10 minutes.

2. Place the mussels in the center of a rectangle of heavy-duty aluminum foil about 24 inches long. Form into a bowl-like shape and add the white wine, garlic, lemon juice, parsley, salt, and pepper. Fold up the sides of the foil and crimp the top and sides together to make a sealed foil packet.
3. Place the foil packet directly on top of the hot burners and close the lid.
   Cook for 4 to 5 minutes, by which time the mussels should be open.
4. Remove the packet from the grill; open carefully (watch out for steam) and pour the contents into a large shallow bowl. Serve immediately.

## Technique 6: Grilling Kabobs

# THREE SATAYS

**EACH SATAY SERVES 4 TO 6**

My trusty, dog-eared copy of *The Food Lover's Companion* by Sharon Tyler Herbst (Barron's, 2001) defines a satay as "an Indonesian favorite consisting of small marinated cubes of meat, fish, or poultry threaded on skewers and grilled or broiled." Over the years I've come to favor strips of meat, rather than cubes, and I've all but abandoned the peanut dipping sauce that usually accompanies satays; they're so good and flavorful on their own that I'm not sure they really need any more embellishment. If you have the time, marinate these overnight: The more intense the flavor, the better. I offer three variations here—chicken, beef, and pork—each with its own marinade. All of them are winners and perfect as pre-dinner small bites. Preparation and cooking techniques are the same for all three. If you're using bamboo skewers, don't forget to soak them first.

**INGREDIENTS**

## *CHICKEN SATAY*

| | |
|---|---|
| **1** | **pound boneless, skinless chicken breast, cut into ⅜-inch-thick slices** |

## *GINGER-GARLIC MARINADE*

| | |
|---|---|
| **¼** | **cup sake** |
| **¼** | **cup soy sauce** |
| **1** | **tablespoon finely chopped fresh ginger** |
| **2 to 3** | **cloves garlic, finely chopped or crushed** |

| | |
|---|---|
| ¼ | **cup chopped scallions** |

## *BEEF SATAY*

| | |
|---|---|
| **1** | **pound beef (top round, sirloin, flank, or other steak), cut into ⅜-inch-thick slices** |

## *PEANUT-SESAME MARINADE*

| | |
|---|---|
| ½ | **cup soy sauce** |
| ¼ | **cup creamy peanut butter** |
| **1** | **tablespoon toasted sesame oil** |
| **1** | **tablespoon hot sauce of your choice** |

## *PORK SATAY*

| | |
|---|---|
| **1** | **pound boneless pork chops, cut into ⅜-inch-thick slices** |

## *HOISIN-CHILI MARINADE*

| | |
|---|---|
| ¼ | **cup soy sauce** |
| ¼ | **cup hoisin sauce** |
| ¼ | **cup Thai sweet chili sauce** |
| **1** | **tablespoon vegetable oil** |

**METHOD**

1. Put the meat strips in a quart-size zipper-top plastic bag. (Use a separate bag for each type of meat, if you're making more than one type.)
2. Mix all the ingredients for the marinade or marinades in small bowls or cups, then pour the designated marinade or marinades over the meat, seal the plastic bag or bags, and squish around to coat the strips. Let marinate in the

refrigerator for at least 2 hours and preferably overnight.

3. Preheat the grill with all the burners on high and the lid closed for 10 minutes.
4. Remove the meat from the bag and thread the strips on skewers, accordion-style.
5. Turn all the burners a little lower than medium, place the skewers on the racks, and grill, with the lid up, for a total of 10 minutes, 5 minutes per side. You may want to have a thin-bladed spatula on hand when it comes time to flip the satays. Use it upside down, sliding the blade gently under the meat to loosen it from the grill. Serve hot or at room temperature.

## Technique 7: Grilling Firm Fish

# TUNA STEAKS WITH GREEN OLIVE SAUCE

**SERVES 4**

The distinctive flavor of grilled tuna is nicely complemented by the equally distinctive flavor of the olive tapenade sauce. If you have a recipe for homemade green olive tapenade, feel free to use it here. Serve this hot off the grill; if there are any leftovers, they'll make a wonderful tuna salad or *salade niçoise.*

If you are new to grilling fish, a firm-fleshed variety, such as tuna, is the best place to start. Other fish with firm flesh include salmon, swordfish, grouper, halibut, sea bass, and striped bass. Because these varieties tend to firm up even more as they cook, they are easier to handle and turn than more delicate fish such as haddock or tilapia. If the thought of grilling fish still makes you nervous, use a metal fish basket with a long handle for easy turning. Those with nonstick surfaces are best.

**INGREDIENTS**

| | |
|---|---|
| **4** | **tuna steaks (2 to 2½ pounds total), 1 to 1½ inches thick** |
| **1** | **tablespoon olive oil** |
| | **Freshly ground white pepper to taste** |
| | **Sweet paprika to taste** |

## *GREEN OLIVE SAUCE*

| | |
|---|---|
| **½** | **cup store-bought green olive tapenade** |
| **¼** | **cup dry white wine** |
| | **Juice of ½ lemon** |
| **2** | **cloves garlic, crushed** |

**METHOD**

1. Rinse the tuna steaks in cold water. Blot dry with several thicknesses of paper towel. Coat with the olive oil on both sides; dust with white pepper and paprika.
2. Preheat the grill with all the burners on high and the lid closed for 10 minutes.
3. While the grill is preheating, in a small saucepan over medium heat combine all the ingredients for the sauce. Bring just to a boil, and remove from the heat. Set aside.
4. Place the tuna steaks on the grill, directly over the hot burners. Cook, with the lid up, for 6 minutes total, 3 minutes per side, for rare tuna, or increase the cooking time to up to 10 minutes total, 5 minutes per side, for well-done tuna.
5. Transfer to a platter and top with the warm olive sauce. Serve immediately.

## Technique 8: Grilling Delicate Fish

# TUNISIAN TILAPIA IN PITA

**SERVES 4**

Tilapia in Tunis? It's not as far-fetched as you might think: Primarily farm-raised in this country, tilapia is native to parts of Africa and the Middle East. Called St. Peter's fish there, tilapia was, during biblical times, common in the Sea of Galilee. When you want a casual, pick-it-up-in-your-hands-and-eat-it dinner that's also a great meal, give this a try. These filled pita sandwiches—with the wonderful garlic-infused yogurt, diced cucumbers, tomatoes, and fresh mint—are excellent paired with a Mediterraneanstyle salad with crisp greens, crumbled feta cheese, black olives, and a simple vinaigrette. If you use bamboo skewers to grill the fish, soak them in water first.

Tilapia, like sole, flounder, and cod, is a relatively delicate fish and thus can present some grilling difficulties, especially when turning it. If you're concerned about fish breaking apart while you grill it, buy yourself a nonstick metal fish basket with long handles for easy turning. Place the skewers of tilapia in the basket, close it up, and place on the grill. Perfection is guaranteed.

**INGREDIENTS**

## *GARLIC-YOGURT SAUCE*

| | |
|---|---|
| **8** | **ounces plain yogurt** |
| **3 or 4** | **cloves garlic, minced or crushed** |

## *CORIANDER-CARAWAY RUB*

| | |
|---|---|
| **1** | **tablespoon ground coriander** |
| **1** | **teaspoon ground caraway seeds** |
| **¼** | **teaspoon garlic powder** |

| | |
|---|---|
| ¼ | **teaspoon cayenne pepper** |
| ¼ | **teaspoon curry powder** |
| ¼ | **teaspoon salt** |
| 1½ | **pounds tilapia** |
| 1 | **tablespoon vegetable oil** |
| 4 | **large pita bread rounds** |

## *EXTRAS*

| | |
|---|---|
| 1 | **cucumber, peeled, seeded, and cut into small chunks** |
| | **Chopped tomatoes** |
| | **Chopped fresh mint** |
| | **Hot sauce (preferably harissa)** |

**METHOD**

1. Put the yogurt in a small bowl. Add the garlic to the yogurt and mix well. Reserve in the refrigerator until needed.
2. Mix all the ingredients for the rub in a small bowl.
3. Slice the tilapia into strips about ¾ inch wide and 3 to 4 inches long. Put the tilapia slices in a bowl and lightly coat with the vegetable oil.
4. Put one-third of the dry rub into a zipper-top plastic bag. Put half of the tilapia slices in the bag; top with another one-third of the dry rub. Place the remaining sliced tilapia in the bag; sprinkle the remaining dry rub over the top. Seal the bag closed and shake vigorously to coat the fish evenly with the rub.
5. Preheat the grill with all the burners on high and the lid closed for 10 minutes. Preheat the oven to 250˚F.
6. Thread the tilapia slices, accordion-style, onto skewers.
7. Wrap the pita breads in aluminum foil and place them on the edge of the grill to warm. Place the tilapia skewers on the grill, directly over the hot burners. Grill, with the lid up, for 4 to 6 minutes total, 2 to 3 minutes per side.
8. Cut the top quarter from the warm pitas, using scissors or a sharp knife. Fill each pita pocket with the following ingredients, in any order you choose: grilled tilapia, garlic-

yogurt sauce, cucumbers, tomatoes, mint, and hot sauce. Serve immediately.

# Technique 9: Grilling Shellfish

## GRILLED SEA SCALLOPS WITH BAY LEAVES

**SERVES 4**

Just for the record, bay scallops and sea scallops are two different species of shellfish. In simple terms, sea scallops are much larger than bay scallops: There are anywhere from 15 to 40 sea scallops to a pound, while there are from 90 to 100 bay scallops to a pound. Easy as this recipe is, it's also elegant and tasty. I'm not sure quite why, but the flavors of these two ingredients—the scallops and the bay leaves—are highly complementary. Allow 3 to 5 sea scallops per person, depending on their size and your diners' appetites. Because their size can vary, watch carefully to prevent overcooking, which results in tough scallops. If using bamboo skewers, soak them in water first.

**INGREDIENTS**

| | |
|---|---|
| **12 to 20** | **large sea scallops** |
| **4 to 8** | **bay leaves, halved** |
| | **Melted unsalted butter** |
| | **Salt and freshly ground black pepper to taste** |
| | **Lemon wedges** |

**METHOD**

1. Preheat the grill with all the burners on high and the lid closed for 10 minutes.
2. Thread 3 to 5 scallops onto two parallel skewers (to keep them from spinning around when turning them), alternating each scallop with half a bay leaf. Repeat with the remaining scallops and bay leaves. Liberally brush the skewered scallops

with melted butter and dust with salt and pepper.

3. Turn the burners to medium-high and place the skewered scallops on the grill, directly over the heat. Cook, with the lid up, for 6 to 8 minutes total, 3 to 4 minutes per side. The scallops are ready when they turn opaque but are still fairly soft to the touch.
4. Serve hot off the grill with lemon wedges.

## Technique 10: Grilling Boneless Poultry

# CHICKEN BREASTS WITH CHÈVRE AND YELLOW PEPPER PUREE

**SERVES 4**

This dish is easy to prepare but still falls into the "fancy" category. The flavors are so special and fresh that diners can't help but sit up and take notice. I've pureed a few peppers in my time, but never just yellow ones before coming up with this recipe. I was completely surprised by their unique, delicious flavor. If you have any sauce left over, it's great on pasta.

Although from a pure flavor standpoint I prefer cuts of meat with the bone in, there are times when boneless cuts are more appropriate—for instance, at a dinner party, where ease of eating is a consideration. And let's face it, we all know people who are reluctant to pick up a piece of chicken and eat it with their hands in front of other guests. If you're more accustomed to cooking bone-in chicken thighs, remember that boneless meat cooks more quickly.

**INGREDIENTS**

## *YELLOW PEPPER PUREE*

| | |
|---|---|
| **3** | **large yellow bell peppers** |
| **2** | **tablespoons olive oil** |
| **1** | **tablespoon sherry vinegar** |
| **6** | **large fresh basil leaves** |
| **¼** | **teaspoon kosher salt** |
| **4** | **boneless, skin-on chicken breast halves (about 2 pounds total)** |
| **1** | **tablespoon olive oil** |
| | **Kosher salt and freshly ground black pepper to taste** |
| **1** | **8-ounce log plain goat cheese** |

**METHOD**

1. Preheat the grill with all the burners on high and the lid closed for 10 minutes.
2. Place the whole peppers on the grill directly over the hot burners. Cook the peppers for about 20 minutes total, turning them every 5 minutes or so, until completely charred on all sides.
3. Place the peppers in a doubled paper grocery bag and tightly fold over the top. Allow the peppers to steam in the bag for 10 minutes.
4. Using a sharp paring knife, remove the stems, seeds, and skins from the peppers and discard. In a blender, combine the roasted peppers, olive oil, vinegar, basil, and salt. Blend on low speed until smooth. Pour the pepper puree into a bowl and reserve until needed.
5. Coat the chicken breasts with oil; dust with kosher salt and black pepper.
   Turn all the burners to medium. Place the chicken breasts on the grill directly over the heat, skin side up. Cook, with the lid down, for a total of 8 to 12 minutes, 4 to 6 minutes per side, or until the juices run clear when the breasts are pierced with the tip of a sharp knife.
6. Cut the goat cheese into ⅜-inch-thick rounds. Carve the chicken breasts into ⅜-inch-thick slices. On a serving platter, alternate slices of chicken with slices of cheese. Top with the yellow pepper puree and serve immediately.

## Technique 11: Grilling Bone-In Poultry

# THUNDER THIGHS

**SERVES 4 OR 5**

I don't know about you, but in my book, thighs are the best morsels on a chicken. This very simple recipe could easily give the ubiquitous buffalo wings a run for their money.

Any old-time cook will tell you, "The closer to the bone, the sweeter the meat." For that reason, I prefer bone-in anything, whether it's chicken, a pork chop, or a beefsteak. The presence of the bone really does add flavor to the finished product. And, in the case of chicken, I like to cook it with the skin on, even if I'm planning to eat it without the skin, as that helps keep the chicken moist and succulent while grilling.

**INGREDIENTS**

## *SRIRACHA MARINADE*

| | |
|---|---|
| **½** | **cup soy sauce** |
| **½** | **cup sriracha sauce** |
| **1** | **teaspoon toasted sesame oil** |
| **3 to 4** | **cloves garlic, finely minced or crushed** |
| **8 to 10** | **skin-on, bone-in chicken thighs** |

**METHOD**

1. Combine all the marinade ingredients in a 1-gallon zipper-top plastic bag.
2. Rinse the chicken thighs in cold water. Pat dry, place in the bag with the marinade, and refrigerate for 1 to 3 hours.

3. Preheat the grill with all the burners on high and the lid closed for 10 minutes.
4. Turn the center burner off and turn the other burners to medium. Place the chicken thighs over the center burner. Cook, with the lid down, for a total of about 40 minutes, turning every 10 minutes.
5. Transfer to a platter and let stand, loosely tented with aluminum foil, for 10 minutes. Serve hot.

# Technique 12: Grilling Duck

## QUARTERED DUCK WITH FIG AND GREEN OLIVE SAUCE

**SERVES 4**

The rich meat of duck can stand up to a variety of assertive flavors and sauces. This recipe is no exception. The fig and green olive combination is both novel and really delicious. Although this is an easy recipe, the results fall into the "fancy" category. Serve it to your most discerning diners, and stand by for compliments to the chef.

To make preparation easier, ask the butcher to quarter the duck for you. Although grilling duck may be new to you, the technique is basically no different from that of cooking any other fowl. But there is one important fact to note: Duck contains much more fat than chicken (wild ducks are the exception to this rule), and for this reason, grilling the duck indirectly—that is, over the unlit part of the grill—is a necessity. Cooking it directly over a live fire would produce a conflagration in a matter of minutes. Take your time and cook it over indirect heat, and you'll have a meal you will be proud to serve.

**INGREDIENTS**

| | |
|---|---|
| **½** | **cup fig preserves** |
| **1** | **cup tawny port** |
| **½** | **cup pitted green olives, halved** |
| **¼** | **teaspoon kosher salt** |
| **½** | **teaspoon freshly ground black pepper** |
| **1** | **duck (4 to 5 pounds), quartered** |

**METHOD**

1. Make the sauce by combining the fig preserves, port, green olives, salt, and pepper in a medium saucepan over medium heat. Allow to come just to a boil. Remove from the heat and

set aside.
2. Preheat the grill with all the burners on high and the lid closed for 10 minutes.
3. Rinse the duck quarters in cold water and blot dry with several thicknesses of paper towel.
4. Turn the center burner off and turn the other burners to medium. Position the duck quarters over the center burner, skin side up, and grill, with the lid down, for 30 to 40 minutes total, turning every 10 minutes or so. The duck is done when an instant-read thermometer inserted into the thickest part of the thigh registers 180°F (don't let the thermometer touch a bone).
5. Transfer to a platter and let stand, loosely tented with aluminum foil, for 5 to 10 minutes. Reheat the sauce if necessary. Place duck pieces on individual serving plates and top with the sauce. Serve immediately.

## Technique 13: Grilling with a Marinade

### RED ROOSTER FLANK STEAK

**SERVES 4**

This is my go-to marinade, whether I'm in a hurry or not. The name comes from the sriracha sauce that's one of the key ingredients; it's also sometimes called "red rooster sauce" because of the rooster on the label. It works with almost anything, from pork to chicken to tofu. That said, it's particularly well suited to beef. It will flavor a flank steak to perfection, even when there's not much time to marinate; it can work its magic in as little as an hour. Cook to medium-rare, slice the meat in thin slices on the bias, and you'll have a table full of happy eaters.

This marinade is great for any steak that you intend to slice before serving, including flatiron steaks, London broils, chuck roasts, or even Chateaubriand. The thicker steaks benefit from a longer marinating time—overnight if possible. As good as they are hot off the grill, these steaks make some of the best sandwiches on the planet—provided there's any left over!

**INGREDIENTS**

#### *SRIRACHA MARINADE*

| | |
|---|---|
| **⅓** | **cup sriracha sauce** |
| **⅓** | **cup Thai sweet chili sauce** |
| **⅓** | **cup soy sauce** |
| **2** | **teaspoons toasted sesame oil** |
| **2** | **to 3 cloves garlic, minced or crushed** |
| | |
| **1** | **flank steak (about 1½ pounds)** |

**METHOD**

1. Combine all the marinade ingredients in a 1-gallon zipper-top plastic bag. Add the flank steak to the marinade, seal the bag, and squish it around to coat the steak all over. Refrigerate for at least 1 hour and up to a few hours longer if possible.
2. Preheat the grill with all the burners on high and the lid closed for 10 minutes.
3. Turn the burners to medium-high. Place the flank steak on the grill directly over the heat and grill with the lid open for about 24 minutes total for medium-rare, turning every 4 minutes or so.
4. Transfer to a platter and let stand, loosely tented with aluminum foil, for 5 to 10 minutes. Carve into slices and serve.

## Technique 14: Grilling Thick Boneless Steaks

### STEAK WITH SALSA VERDE

**SERVES 4 TO 6**

Think Italian, not Mexican, for this salsa verde. This pureed green sauce from Italy is a veritable flavor explosion, the perfect complement to a big grilled steak.

London broil, tenderloin, New York strip, rib-eye, and flatiron steaks all work with this recipe. Carving the steak into fairly thin slices will help make up for the relative toughness of these cuts; I've never had a diner complain about any of the above cuts as I've grilled them. Just be sure to carve the steaks on the bias (at a slight angle) and keep the slices thin, about ¼ to ⅜ inch thick. Top with the salsa verde, and you've got quite a meal.

**INGREDIENTS**

### *SALSA VERDE*

**4 to 5** **cups fresh flat-leaf parsley**

**4 to 6** **cloves garlic, to your taste, peeled**

**Juice of 1 lemon, with some of the pulp if you can coax it out**

**2** **tablespoons capers, drained**

**2** **teaspoons anchovy paste (optional)**

**½** **cup olive oil**

**2 to 3** **pounds London broil, rib-eye, or flatiron steaks, cut 1 to 1½ inches thick (usually 2 steaks)**

**Olive oil**

**Kosher salt and freshly ground black pepper to taste**

**METHOD**

1. Combine the salsa verde ingredients in a food processor or blender and blend until the sauce has the consistency of a milk shake. Because of the salty nature of the capers and anchovies, no additional salt is needed. Pour the sauce into a bowl, cover, and refrigerate until needed.
2. Preheat the grill with all the burners on high and the lid closed for 10 minutes.
3. Coat the steak evenly with the olive oil; dust with salt and pepper.
4. Sear the steak over the hot fire with the lid open for 10 minutes total, 5 minutes per side.
5. Turn all the burners to medium and cook the steaks with the lid down for an additional 6 to 8 minutes total, 3 to 4 minutes per side, for rare to mediumrare. Cook for about 5 minutes per side if you want medium.
6. Transfer the steak to a platter and let stand, loosely tented with aluminum foil, for about 10 minutes. Carve into slices and top with the salsa verde.

## Technique 15: Grilling Thick Bone-In Steaks

# PORTERHOUSE FOR TWO WITH CAMBOZOLA BUTTER

**SERVES 2**

When you're in the mood for something over the top, you should try this. I've seen people taste the Cambozola butter and nearly swoon, their eyes rolling back in their heads. As unlikely as it seems, Cambozola is a German import; my cheese shop describes it as "blue Brie." The European-style butter I call for is a "cultured" butter—a lactic acid-producing culture is introduced into the cream to sour it before churning, producing a stronger, tangier flavor than that of sweet cream butter.

The Cambozola butter can be served as is right from the bowl. For a more formal presentation, place the butter on a piece of plastic wrap, shape into a log, wrap tightly, refrigerate, and cut into rounds before serving.

As delicious as they are, porterhouse steaks may be considered a little old-fashioned. Basically, they hearken back to a time when people ate a great deal more than they do now. Think of a porterhouse steak as an oversized T-bone steak, cut much thicker and composed of two steaks (one on either side of the bone): a tenderloin steak and a New York strip (or Kansas City strip). The presence of the bone makes the steaks particularly flavorful and succulent.

**INGREDIENTS**

## *CAMBOZOLA BUTTER*

| | |
|---|---|
| **5** | **ounces Cambozola cheese** |
| **10** | **tablespoons European-style butter, at room temperature (regular salted butter can be substituted, but try to find this type of butter if you can)** |
| **4 to** | **large cloves garlic, crushed** |

| | |
|---|---|
| **5** | |
| **1** | **tablespoon anchovy paste** |
| **1** | **porterhouse steak (1½ to 2 pounds), 1½ inches thick** |
| **1** | **tablespoon olive oil** |
| | **Kosher salt and freshly ground black pepper to taste** |

**METHOD**

1. About an hour before serving, combine the Cambozola butter ingredients in a medium-size bowl and mix thoroughly with a fork. Set aside to allow the flavors to mellow.
2. Preheat the grill with all the burners on high and the lid closed for 10 minutes.
3. Rub the steak with the olive oil. Sprinkle liberally with salt and pepper. Sear the steak over the hot fire with the lid open for 8 to 10 minutes total, 4 to 5 minutes per side. Immediately turn all the burners to medium and cook the steak, with the lid down, for 2 to 3 minutes longer per side for medium-rare.
4. Transfer to a platter and let stand, loosely tented with aluminum foil, for about 5 minutes. Serve topped with as much of the Cambozola butter as desired.

# Technique 16: Grilling Ribs

## BARBECUED COUNTRY-STYLE PORK RIBS

**SERVES 4 TO 6**

These succulent, meaty cuts of pork are the essence of simplicity to grill, but they satisfy the burliest of appetites. Just don't overcook them, please! Remember, the USDA says that you only have to cook pork to 160˚F for it to be safe to eat. Keep your instant-read thermometer at the ready and take the ribs off the grill as soon as they reach the magic mark (or just before it, as the temperature will continue to rise as the meat rests). You'll be amazed at the difference it makes when you don't overcook pork.

Country-style ribs are cut from the sirloin or rib end of the pork loin and are known as the meatiest of all pork ribs—the kind you need a knife and fork to eat. Baby back ribs can be prepared the same way, but the bone-to-meat ratio is far greater, which is why I prefer the country-style ribs.

Letting the ribs "marinate" with the dry rub for 2 hours will produce a good result, but letting them sit in the refrigerator overnight does remarkable things for the flavor. If you have the time, by all means try it. You can purchase a dry rub, but the homemade version here is a more or less traditional barbecue dry rub and a very good one at that. Feel free to adjust quantities or add or subtract ingredients to suit your own taste.

**INGREDIENTS**

**3 to 4** **pounds country-style pork ribs**

**Kosher salt and freshly ground black pepper to taste**
**Your favorite dry rub (or make your own using the recipe on [>])**
**Barbecue sauce of your choice**

**METHOD**

1. Sprinkle the ribs liberally with salt, pepper, and dry rub. Place the ribs in a large zipper-top plastic bag and refrigerate for at least 2 hours and preferably overnight.
2. Preheat the grill with all the burners on high and the lid closed for 10 minutes.
3. Turn the center burner off and turn the other burners to medium-low. Arrange the ribs diagonally so they are not directly over the lit burners. Close the lid and cook for 35 to 45 minutes total, turning every 12 minutes or so, until the internal temperature reaches 150˚F (it will continue to rise as the meat rests).
4. Turn all the burners off. Swab the ribs all over with barbecue sauce. Close the lid and allow the ribs to rest on the unlit grill for 10 minutes before serving.

## BARBECUE-STYLE DRY RUB

| | |
|---|---|
| **¼** | **cup paprika** |
| **2** | **tablespoons kosher salt** |
| **2** | **tablespoons chili powder** |
| **2** | **tablespoons ground cumin** |
| **2** | **tablespoons dark brown sugar** |
| **1** | **tablespoon granulated sugar** |
| **1** | **tablespoon freshly ground black pepper** |
| **1** | **tablespoon freshly ground white pepper** |
| **1** | **tablespoon dried oregano** |
| **2** | **teaspoons cayenne pepper, or to taste** |

Combine the ingredients in a small bowl. Store any leftover rub in an airtight jar, preferably in the freezer.

## Technique 17: Grilling Loin Roasts

### PORK LOIN WITH DIJON MASCARPONE

**SERVES 6**

Pork has long been paired with slightly sweet, fruity sauces or marinades. This sauce, a combination of mascarpone cheese, Dijon mustard, and apple juice concentrate, follows that tradition but breaks some new ground at the same time. I've made this dish many times, and it has always been met with raves.

I'm not quite sure why, but a lot of home cooks shy away from grilling larger cuts of meat. In essence, the technique is no different from that of grilling a steak; these larger cuts just take longer to cook. Presented on a platter, right off the grill, a pork loin is an impressive sight, always sure to elicit plenty of oohs and aahs. For the roast to be at its succulent best, be sure to let it rest under a loose tent of aluminum foil for 10 minutes or so before carving. This resting step holds true for any large cut of meat.

**INGREDIENTS**

#### *DIJON MASCARPONE*

| | |
|---|---|
| **1** | **cup mascarpone** |
| **⅓** | **cup Dijon mustard** |
| **½** | **cup frozen apple juice concentrate, thawed** |
| **⅓** | **cup finely chopped fresh chives** |
| **1** | **bone-in pork loin roast (3 to 4 pounds)** |
| **1** | **tablespoon vegetable oil** |
| | **Kosher salt and freshly ground white pepper to taste** |
| | **Finely chopped fresh chives for garnish** |

**METHOD**

1. Combine the sauce ingredients in a medium-size bowl. Cover and refrigerate until needed.
2. Preheat the grill with all the burners on high and the lid closed for 10 minutes.
3. Rub the pork roast with the vegetable oil; dust with salt and pepper.
4. Turn the center burner off and turn the other burners to medium. Place the pork roast over the center burner and cook, with the lid down, for 1 to 1¾ hours, turning every 20 minutes. With an instant-read thermometer, start checking the temperature at the center of the roast after 1 hour. The roast is perfectly cooked when the internal temperature reaches 150 to 155°F (the temperature will continue to rise while the meat rests).
5. Transfer the roast to a platter and let stand, loosely tented with aluminum foil, for 10 minutes. Carve the roast and serve with a dollop of the sauce on top of each portion. Garnish with chopped chives.

## Technique 18: Grilling Large Cuts of Meat

### MARSHA'S MIRACLE BUTTERFLIED LEG OF LAMB

**SERVES 6 TO 8**

I first had this lamb at my late friend Marsha Maher's house. It was so good that I asked if I could have the recipe. Normally very generous with her culinary talent, this time she declined—and then she started to laugh. "No, I can't tell you—really, I can't," she said, laughing harder. Finally, I got it out of her, and then I understood why she was laughing. And so will you when you check out the ingredients for the marinade. But you won't laugh at the results—this is really delicious. Marsha's daughter, also an excellent cook, says you can make the marinade sexier with the addition of crushed garlic and fresh rosemary, but it really isn't necessary.

Butterflying a leg of lamb is rather challenging, and I wouldn't recommend it for most home cooks. Have your butcher do it for you, and if you really want to curry his or her favor, order it a day ahead, as it takes some time to do it properly—even for an experienced butcher.

**INGREDIENTS**

| | |
|---|---|
| **1** | **16-ounce bottle Kraft Creamy French dressing (according to Marsha, "accept no substitutes")** |
| **6** | **cloves garlic (optional), minced or crushed** |
| **1** | **tablespoon crumbled dried rosemary or 1 teaspoon minced fresh rosemary (optional)** |
| **1** | **leg of lamb (about 4 pounds), boned and butterflied** |

**METHOD**

1. Pour the French dressing (and garlic and rosemary, if using)

into a 1-gallon zipper-top plastic bag. Add the lamb and refrigerate for at least 4 hours, and preferably overnight.
2. Preheat the grill with all the burners on high and the lid closed for 10 minutes.
3. Turn the center burner off and turn the other burners to medium. Place the lamb over the center burner and cook, with the lid down, for 50 to 60 minutes total, turning every 12 to 15 minutes, until an instant-read thermometer reads 140°F for medium-rare.
4. Transfer to a platter and let stand, loosely tented with aluminum foil, for about 10 minutes. Cut into slices and serve.

# Technique 19: Grilling Sliced Vegetables

## GRILLED ZUCCHINI WITH HERBS

**SERVES 2 TO 4**

You can never have too many good zucchini recipes, because there are times, like late summer, when most gardens produce more zucchini than anyone knows what to do with. I'm not sure what makes this recipe so good, but I do know that it's my favorite way to prepare zucchini, and it's been a big hit with everyone who's tried it. Maybe it's the surprise of eating zucchini that has been cut into strips instead of rounds; I swear it makes the squash taste better. Try this with any variety of summer squash or similar medium-firm vegetable, like cucumbers or large white mushrooms.

**INGREDIENTS**

| | |
|---|---|
| **4** | **zucchini (1½ to 2 pounds)** |
| **¼** | **cup olive oil** |
| **1 to 2** | **tablespoons freshly squeezed lemon juice** |
| **1** | **teaspoon white or red wine vinegar** |
| **2** | **tablespoons finely chopped fresh flat-leaf parsley or basil, or a mixture** |
| | **Kosher salt and freshly ground black pepper to taste** |

**METHOD**

1. Preheat the grill with all the burners on high and the lid closed for 10 minutes.
2. Trim the ends from the zucchini, and then slice them lengthwise about ¼ inch thick. Drizzle 1 tablespoon of the olive oil on both sides of the zucchini slices.
3. Turn one burner off (any burner) and turn the others to medium. Position the zucchini slices over the unlit burner,

close the lid, and cook the zucchini for about 2 minutes per side, just long enough to produce grill marks; the zucchini should still have some crunch to it when you remove the slices from the grill.

4. Transfer the zucchini to a large bowl, add the remaining olive oil, the lemon juice, and vinegar, and toss gently to combine. Top with the herbs and dust with salt and pepper. Serve hot or at room temperature.

## Technique 20: Grilling Delicate Vegetables

### GARLICKY GRILLED TOMATOES

**SERVES 6**

The longer I cook, the more I seem to gravitate to recipes with fewer ingredients. This recipe is a classic illustration of the less-is-more principle, and it has become one of my favorite side dishes. Interestingly, heating tomatoes on the grill turns even less-than-stellar specimens into something quite delicious. If you want to try an incredibly easy and tasty pasta sauce, coarsely chop several of the grilled tomatoes and place them in a shallow bowl. Adjust the seasonings to your taste, adding more olive oil, salt, and pepper as desired, and pour the mixture on top of hot cooked pasta, or try it over cooled pasta for a summertime pasta salad. Top with grated Parmesan cheese, if desired.

Another option for grilled tomatoes is to hollow them out and fill the shells with cooked, chopped spinach mixed with chopped garlic to taste and as much crumbled feta cheese as you desire. Cook until the tomatoes begin to sag a little, approximately 6 to 10 minutes over medium heat. It's an excellent combination of flavors that makes a fantastic appetizer.

**INGREDIENTS**

| | |
|---|---|
| **6** | **medium to large tomatoes (preferably ones with relatively flat bottoms, so they'll stand up straight on the grill and on the plate)** |
| | **Olive oil** |
| | **Chopped garlic to taste** |
| | **Salt and freshly ground black pepper to taste** |
| | **Dried basil, oregano, or rosemary to taste (optional)** |

**METHOD**

1. Preheat the grill with all the burners on high and the lid closed for 10 minutes.
2. Using a sharp paring knife or a tomato corer, remove the tomato cores, cutting almost but not completely to the bottom. Fill the cavity with a drizzle of olive oil, chopped garlic to taste, salt and pepper to taste, and dried herbs, if using.
3. Turn the burners to medium. Place the tomatoes on the grill directly over the heat and cook, with the lid down, for 6 to 10 minutes without turning, until the tomatoes start to sag a little—a sure sign that the flesh is thoroughly heated through.
4. Carefully transfer to a platter using a wide spatula and serve hot or at room temperature.

# Technique 21: Grilling Leafy Vegetables

## GRILLED WHOLE ESCAROLE

**SERVES 4**

Botanically, escarole and endive are one and the same, known in Latin as *Cichorium endivia.* The difference between them is in the way they are grown: Escarole is raised for its broad outer leaves; endive is the center portion of the plant, usually pale in color. Both forms have a slightly bitter taste that many people find appealing. Grilling whole heads of escarole results in a slight smokiness that really complements the flavor of the escarole. Dressed with a little sherry vinegar, salt, and pepper, grilled escarole becomes a complex combination of tastes—not to mention very nutritious.

The first time you do this, it may seem a little horrifying, as it's practically impossible not to burn some of the outside edges of the leaves. Not to worry: The burnt edges are easily cut off with a pair of scissors, leaving behind the slightly smoky, steamed escarole—truly unlike anything I've ever grilled. You can experiment with other whole heads of leafy greens using this same technique. Just be sure they go on the grill with some water still clinging to them.

**INGREDIENTS**

| | |
|---|---|
| **2** | **large heads escarole** |
| **2** | **tablespoons sherry vinegar** |
| | **Salt and freshly ground pepper to taste** |

**METHOD**

1. Preheat the grill with all the burners on high and the lid closed for 10 minutes.
2. Wash the escarole thoroughly under plenty of cold water. Do not dry it; the extra water will help keep the outer leaves from burning.

3. Turn the burners to medium-low and place the escarole directly over the heat. Cook, with the lid down, for 8 minutes total, turning after 4 minutes, until some of the outside leaves are browned and the whole head of escarole starts to turn a bit limp.
4. Transfer the escarole to a cutting board. If any of the ends of the escarole leaves are burnt, simply cut them off with scissors or scrape them off with the edge of a sharp butcher knife. Chop the escarole coarsely, discarding the stem end, and dress with sherry vinegar and salt to taste. Serve hot or at room temperature.

## Technique 22: Grilling Hard Vegetables

### SIMPLE GRILLED POTATO WEDGES

**SERVES 4**

These are really delicious—basically like big French fries, only much better for you. They are excellent as a side for grilled steaks or fish.

Once you've mastered the technique of grilling regular potatoes, you can move on to other hard-fleshed vegetables like winter squash, beets, sweet potatoes, parsnips, and rutabagas. Back in the Pilgrim era, these vegetables, which could be kept over the winter, were sometimes cooked by burying them in live coals. By grilling them, you are continuing a long tradition, and a delicious one at that. With any of the above-mentioned vegetables, choose the largest ones you can find. They all can be cooked the same basic way as white potatoes: Wash, cut into quarters, dry, and then brush with oil. You can grill them directly over the fire, like the potatoes, or simply place them at the edges of the cooking grate while you're grilling something else, turning every 10 minutes or so; they're done when you can insert the tip of a sharp knife easily into the flesh.

**INGREDIENTS**

| | |
|---|---|
| **4** | **medium to large russet potatoes** |
| | **About ¼ cup olive oil** |
| | **Salt and freshly ground black pepper to taste** |
| **2** | **teaspoons crushed dried rosemary (optional)** |

**METHOD**

1. Preheat the grill with all the burners on high and the lid closed for 10 minutes.
2. Cut each potato lengthwise into 4 to 6 wedges and pat them dry with paper towels. In a large bowl, toss the potato wedges

with the olive oil and sprinkle with salt, pepper, and the rosemary, if using.

3. Turn the burners to medium. Place the potato wedges on the grill directly over the heat and cook, with the lid down, for 20 to 30 minutes total, turning every 5 to 7 minutes. The potatoes are ready when the tip of a sharp knife pierces all the way through easily. Serve hot off the grill.

## Technique 23: Grilling Whole Vegetables

### GRILLED WHOLE EGGPLANT

**SERVES 2**

Here's a new and really wonderful twist that eggplant lovers will, well, love. My friend Marsha Maher introduced it to me. It might seem like one of those procedures that you think will never work—but miraculously, it does. This method works best with the standard, large purple eggplants.

The recipe can be embellished by adding ¼ cup of tahini, combined with minced garlic to taste, to the eggplant flesh after grilling. Garnish with chopped fresh flat-leaf parsley and chopped toasted walnuts, and you've got a version of the wonderful Middle Eastern dip baba ghanoush, to serve with warm slices of pita bread. Outstanding.

**INGREDIENTS**

**1** **large eggplant, about 1 pound**
**Extra-virgin olive oil**
**Ground cumin to taste**
**Juice of ½ lemon**
**Kosher salt and freshly ground black pepper to taste**

**METHOD**

1. Preheat the grill with all the burners on high and the lid closed for 10 minutes.
2. Turn all the burners to medium. Place the eggplant on the grill directly over the heat and cook, with the lid down, for 20 or 30 minutes, turning every 5 minutes. The eggplant will puff up like a balloon during grilling.
3. Transfer the eggplant to a cutting board. Poke a hole or two in the eggplant skin with the tip of a sharp knife. The eggplant will deflate. Set aside to cool slightly.

4. When the eggplant is cool enough to handle, cut it in half with a sharp knife. Using a spoon, scrape the soft flesh away from the skin. Put the flesh in a bowl. Drizzle with extra-virgin olive oil, a dusting of cumin, the lemon juice, and salt and pepper to taste. Serve warm or at room temperature.

# Technique 24: Grilling Fruit

## CARAMELIZED FRUIT KABOBS

**SERVES 4**

When I was experimenting with grilled fruit, this recipe came as both a surprise and a delight. Apples, peaches, and plums all work beautifully, but almost any fruit can be grilled with great success: pears, pineapple, even bananas (leave the skin on and expect it to turn black in the grilling process). In all cases, favor fruit that is on the firm side of ripe, as it will hold up on the grill much better than fruit that is fully ripe and softer. The heat of the grill will help intensify the sugars and bring out the flavors in even less-than-ripe fruits. This combination of fruit is wonderful warm off the grill—kind of like a pie without the crust.

**INGREDIENTS**

| | |
|---|---|
| **2** | **small apples** |
| **3** | **firm, ripe plums** |
| **or** | |
| **4** | |
| **2** | **firm, ripe peaches** |
| **or** | |
| **3** | |
| **¼** | **cup (½ stick) unsalted butter, or more as needed, melted** |
| **¼** | **cup sugar, or more as needed** |

**METHOD**

1. Preheat the grill with all the burners on high and the lid closed for 10 minutes.
2. Cut all the fruit into 1- to 1½-inch chunks (rather than wedges). Combine the butter and sugar in a bowl and mix well. Thread the fruit chunks onto skewers, then brush them liberally with the sugared butter.

3. Turn one burner off and turn the others to medium. Position the skewered fruit over the unlit burner, close the lid, and cook the fruit skewers for 6 to 10 minutes, turning them occasionally, until the fruit begins to soften.
4. Serve the fruit warm off the grill.

# Technique 25: Grilling Bread and Cheese

## DESSERT BRUSCHETTA WITH CHEESE AND HONEY

**SERVES 8**

This unusual dessert was developed by Jay Harlow for *The Grilling Book* (Aris Books, 1985), which we coauthored. If you want to end a meal with something that isn't heavy or too sweet, try this. It's a very Mediterranean approach to dessert, perfect for al fresco dining. The crunchiness of the bread, the saltiness of the cheese, and the sweetness of the honey, all bound together with the lusciousness of the olive oil, make for an outstanding combination of flavors. Start with the ingredients given and then branch out, experimenting with other cheeses (such as Camembert, manchego, and feta) and types of honey (such as orange blossom, chestnut, buckwheat, and clover). It won't be long before you come up with your own "house specialty" version of this unusual but satisfying dessert. Use a loaf of bread with a wide diameter—a baguette would be too skinny for this preparation.

**INGREDIENTS**

| | |
|---|---|
| **1** | **loaf coarse-textured Italian or French bread (such as a bâtard), about 16 inches long** |
| **½** | **pound chunk Pecorino Sardo, Asiago, fontina, or Gruyère cheese (listed in order of my preference)** |
| | **About ¼ cup extra-virgin olive oil** |
| | **Honey, preferably with a strong floral or herbal flavor** |

**METHOD**

1. Preheat the grill with all the burners on high and the lid closed for 10 minutes.
2. Cut the bread into ¾-inch-thick slices, and slice the cheese ¼

inch thick.

3. Turn one burner off and turn the others to medium. Place the bread over the unlit burner and toast on one side, with the lid up, for 2 to 3 minutes, checking frequently to avoid burning. Turn the bread, drizzle olive oil generously on the toasted sides, and top each piece with a slice of cheese. Close the lid and continue to cook the bread until the cheese melts (this should only take a couple of minutes).
4. As soon as the cheese has melted, transfer the bruschetta to a platter and drizzle with honey. Serve immediately.

# Measurement Equivalents

## LIQUID CONVERSIONS

| U.S. | Metric |
|---|---|
| 1 tsp | 5 ml |
| 1 tbs | 15 ml |
| 2 tbs | 30 ml |
| 3 tbs | 45 ml |
| ¼ cup | 60 ml |
| ⅓ cup | 75 ml |
| ⅓ cup + 1 tbs | 90 ml |
| ⅓ cup + 2 tbs | 100 ml |
| ½ cup | 120 ml |
| ⅔ cup | 150 ml |
| ¾ cup | 180 ml |
| ¾ cup + 2 tbs | 200 ml |
| 1 cup | 240 ml |
| 1 cup + 2 tbs | 275 ml |
| 1¼ cups | 300 ml |
| 1 ⅓ cups | 325 ml |
| 1½ cups | 350 ml |
| 1 ⅔ cups | 375 ml |
| 1¾ cups | 400 ml |
| 1¾ cups + 2 tbs | 450 ml |
| 2 cups (1 pint) | 475 ml |
| 2½ cups | 600 ml |
| 3 cups | 720 ml |
| 4 cups (1 quart) | 945 ml |
| | (1,000 ml is 1 liter) |

## WEIGHT CONVERSIONS

| U.S./U.K. | Metric |
|---|---|
| ½ oz | 14 g |
| 1 oz | 28 g |
| 1½ oz | 43 g |
| 2 oz | 57 g |
| 2½ oz | 71 g |

| | |
|---|---|
| 3 oz | 85 g |
| 3½ oz | 100 g |
| 4 oz | 113 g |
| 5 oz | 142 g |
| 6 oz | 170 g |
| 7 oz | 200 g |
| 8 oz | 227 g |
| 9 oz | 255 g |
| 10 oz | 284 g |
| 11 oz | 312 g |
| 12 oz | 340 g |
| 13 oz | 368 g |
| 14 oz | 400 g |
| 15 oz | 425 g |
| 1 lb | 454 g |

## OVEN TEMPERATURE CONVERSIONS

| **°F** | **Gas Mark** | °C |
|---|---|---|
| 250 | ½ | 120 |
| 275 | 1 | 140 |
| 300 | 2 | 150 |
| 325 | 3 | 165 |
| 350 | 4 | 180 |
| 375 | 5 | 190 |
| 400 | 6 | 200 |
| 425 | 7 | 220 |
| 450 | 8 | 230 |
| 475 | 9 | 240 |
| 500 | 10 | 260 |
| 550 | Broil | 290 |

**NOTE:** All conversions are approximate.

# Index

**A**
Aluminum foil, [>]–[>]
Apples
  Caramelized Fruit Kabobs, [>]–[>]
Asparagus Wrapped in Provolone and Prosciutto, [>]–[>]
**B**
Baba ghanoush, preparing, [>]
Bacterial contamination, avoiding, [>]
Bamboo skewers, [>]
Barbecued Country-Style Pork Ribs, [>]–[>]
Barbecue-Style Dry Rub, [>]
Basil
  Classic Bruschetta, [>]–[>]
  and Prosciutto, Shrimp with, [>]–[>]
Baskets, grids, and racks, [>]
Basting brushes, [>]
Bay Leaves, Grilled Sea Scallops with, [>]–[>]
Beef
  Porterhouse for Two with Cambozola Butter, [>]–[>]
  Red Rooster Flank Steak, [>]–[>]
  Steak with Salsa Verde, [>]–[>]
  thick bone-in steaks, grilling technique, [>]
  thick boneless steaks, grilling technique, [>]
  Three Satays, [>]–[>]
Bowls, for marinating, [>]
Bread(s)
  and cheese, grilling technique, [>]
  Classic Bruschetta, [>]–[>]
  Dessert Bruschetta with Cheese and Honey, [>]–[>]
  flatbreads, grilling technique, [>]
  Grilled Quesadillas, [>]–[>]
  grilling technique, [>]
Bruschetta
  Classic, [>]–[>]
  Dessert, with Cheese and Honey, [>]–[>]
Brushes, basting, [>]

Brushes, cleaning, [>]
Butter, Cambozola, Porterhouse for Two with, [>]–[>]
**C**
Calamari, adding to appetizer recipe, [>]
Cambozola Butter, Porterhouse for Two with, [>]–[>]
Caramelized Fruit Kabobs, [>]–[>]
Caraway-Coriander Rub, [>]–[>]
Charcoal, note about, [>]
Cheese
  Asparagus Wrapped in Provolone and Prosciutto, [>]–[>]
  and bread, grilling technique, [>]
  Chicken Breasts with Chèvre and Yellow Pepper Puree, [>]–[>]
  Classic Bruschetta, [>]–[>]
  Grilled Quesadillas, [>]–[>]
  and Honey, Dessert Bruschetta with, [>]–[>]
  Pork Loin with Dijon Mascarpone, [>]–[>]
  Porterhouse for Two with Cambozola Butter, [>]–[>]
Chèvre and Yellow Pepper Puree, Chicken Breasts with, [>]–[>]
Chicken
  bone-in, grilling technique, [>]
  boneless, grilling technique, [>]
  Breasts with Chevre and Yellow Pepper Puree, [>]–[>]
  Three Satays, [>]–[>]
  Thunder Thighs, [>]–[>]
Clams, adding to appetizer recipe, [>]
Cleaning brush, [>]
Cooking times, variables in, [>]–[>]
Coriander-Caraway Rub, [>]–[>]
Cutting boards, [>]
**D**
Desserts
  Caramelized Fruit Kabobs, [>]–[>]
  Dessert Bruschetta with Cheese and Honey, [>]–[>]
Dijon Mascarpone, Pork Loin with, [>]–[>]
Direct cooking, [>]
Duck
  grilling technique, [>]
  Quartered, with Fig and Green Olive Sauce, [>]–[>]
**E**

Eggplant
preparing baba ghanoush with, [>]
Whole, Grilled, [>]–[>]
Equipment. *See* Grilling tools
Escarole, Whole, Grilled, [>]–[>]
**F**
Fig and Green Olive Sauce, Quartered Duck with, [>]–[>]
Fish. *See also* Shellfish
delicate, grilling technique, [>]
firm, grilling technique, [>]
Tuna Steaks with Green Olive Sauce, [>]–[>]
Tunisian Tilapia in Pita, [>]–[>]
Fish baskets, [>]
Flatbread
Grilled Quesadillas, [>]–[>]
grilling technique, [>]
Foil, aluminum, [>]–[>]
Foil-packet grilling technique, [>]
Forks, long-handled, [>]
Fruit
grilling technique, [>]
Kabobs, Caramelized, [>]–[>]
**G**
Garlic
Classic Bruschetta, [>]–[>]
Garlicky Grilled Tomatoes, [>]–[>]
-Ginger Marinade, [>]–[>]
Salsa Verde, [>]–[>]
-Yogurt Sauce, [>]–[>]
Gas grills
built-in thermometer, [>]
buying considerations, [>]
cleaning grate, [>]
construction materials, [>]
cooking grates, [>]
cost of, [>]
gas tanks for, [>], [>], [>]
heat output from, [>]
lighting burners, [>]
preheating, [>]

protective covers for, [>]
safety considerations, [>]–[>]
shelves on sides of, [>]
spare gas tanks for, [>]
testing for gas leaks, [>]
Ginger-Garlic Marinade, [>]–[>]
Gloves, [>]
Green Olive
and Fig Sauce, Quartered Duck with, [>]–[>]
Sauce, [>]–[>]
Greens. *See* Escarole
Grids, racks, and baskets, [>]
Grilling. *See also* Gas grills; Grilling techniques; Grilling tools
cooking times and variables, [>]–[>]
direct cooking on, [>]
general guidelines, [>]
indirect cooking on, [>]–[>]
Grilling techniques
bone-in poultry, [>]
boneless poultry, [>]
bread, [>]
bread and cheese, [>]
delicate fish, [>]
delicate vegetables, [>]
duck, [>]
firm fish, [>]
flatbread, [>]
foil-packet grilling, [>]
fruit, [>]
hard vegetables, [>]
kabobs, [>]
large cuts of meat, [>]
leafy vegetables, [>]
loin roasts, [>]
with a marinade, [>]
ribs, [>]
shellfish, [>]
sliced vegetables, [>]
thick bone-in steaks, [>]
thick boneless steaks, [>]

whole vegetables, [>]
wrapping and grilling shellfish, [>]
wrapping and grilling vegetables, [>]
Grilling tools
aluminum foil, [>]–[>]
bamboo and metal skewers, [>]
basting brushes, [>]
cleaning brush, [>]
cutting boards, [>]
forks, [>]
gloves, [>]
grids, racks, and baskets, [>]
instant-read meat thermometer, [>], [>]
lighting, [>]
marinating bowls, [>]
spare gas tank, [>]
spatula, [>]
spring-loaded tongs, [>]
wood chips, [>]
**H**
Ham. *See* Prosciutto
Heat-resistant gloves, [>]
Herbs. *See also* Basil
enclosing in foil packet, [>]
Grilled Sea Scallops with Bay Leaves, [>]–[>]
Grilled Zucchini with, [>]–[>]
Salsa Verde, [>]–[>]
substituting, in appetizer recipe, [>]
Hoisin-Chili Marinade, [>]–[>]
Honey and Cheese, Dessert Bruschetta with, [>]–[>]
**I**
Indirect cooking, [>]–[>]
Ingredients
high quality, buying, [>]
room temperature, for grilling, [>]
Instant-read meat thermometer, [>], [>]
**K**
Kabobs
Caramelized Fruit, [>]–[>]
grilling technique, [>]

Three Satays, [>]–[>]
**L**
Lamb
Butterflied Leg of, Marsha's Miracle, [>]–[>]
large cuts of, grilling technique, [>]
Lighting, [>]
**M**
Main dishes
Barbecued Country-Style Pork Ribs, [>]–[>]
Chicken Breasts with Chevre and Yellow Pepper Puree, [>]–[>]
Grilled Sea Scallops with Bay Leaves, [>]–[>]
Marsha's Miracle Butterflied Leg of Lamb, [>]–[>]
Pork Loin with Dijon Mascarpone, [>]–[>]
Porterhouse for Two with Cambozola Butter, [>]–[>]
Quartered Duck with Fig and Green Olive Sauce, [>]–[>]
Red Rooster Flank Steak, [>]–[>]
serving mussels as, [>]
serving quesadillas as, [>]
Steak with Salsa Verde, [>]–[>]
Thunder Thighs, [>]–[>]
Tuna Steaks with Green Olive Sauce, [>]–[>]
Tunisian Tilapia in Pita, [>]–[>]
Marinades
Ginger-Garlic, [>]–[>]
grilling with, technique for, [>]
Hoisin-Chili, [>]–[>]
Peanut-Sesame, [>]–[>]
reusing for sauce, note about, [>]
Sriracha, [>]–[>], [>]–[>]
Marinating bowls, [>]
Marsha's Miracle Butterflied Leg of Lamb, [>]–[>]
Mascarpone, Dijon, Pork Loin with, [>]–[>]
Meat
Barbecued Country-Style Pork Ribs, [>]–[>]
grilling, with a marinade, [>]
large cuts of, grilling technique, [>]
loin roasts, grilling technique, [>]
Marsha's Miracle Butterflied Leg of Lamb, [>]–[>]
Pork Loin with Dijon Mascarpone, [>]–[>]

Porterhouse for Two with Cambozola Butter, [>]–[>]
Red Rooster Flank Steak, [>]–[>]
ribs, technique for, [>]
Steak with Salsa Verde, [>]–[>]
thick bone-in steaks, grilling technique, [>]
thick boneless steaks, grilling technique, [>]
Three Satays, [>]–[>]
Meat thermometer, [>], [>]
Metal skewers, [>]
Metal smoker boxes, [>]
Mussels Bordelaise, [>]–[>]
**O**
Offset spatulas, [>]
Olive, Green
and Fig Sauce, Quartered Duck with, [>]–[>]
Sauce, Tuna Steaks with, [>]–[>]
**P**
Parsley
Salsa Verde, [>]–[>]
Peaches
Caramelized Fruit Kabobs, [>]–[>]
Peanut-Sesame Marinade, [>]–[>]
Pepper, Yellow, Puree and Chèvre, Chicken Breasts with, [>]–[>]
Plums
Caramelized Fruit Kabobs, [>]–[>]
Pork. *See also* Prosciutto
grilling ribs, technique for, [>]
loin roasts, grilling technique, [>]
Loin with Dijon Mascarpone, [>]–[>]
Ribs, Barbecued Country-Style, [>]–[>]
sausage, adding to mussel recipe, [>]
Three Satays, [>]–[>]
Porterhouse for Two with Cambozola Butter, [>]–[>]
Potato Wedges, Simple Grilled, [>]–[>]
Poultry
bone-in, grilling technique, [>]
boneless, grilling technique, [>]
Chicken Breasts with Chèvre and Yellow Pepper Puree, [>]–[>]
grilling duck technique, [>]

Quartered Duck with Fig and Green Olive Sauce, [>]–[>]
Three Satays, [>]–[>]
Thunder Thighs, [>]–[>]
Prosciutto
and Basil, Shrimp with, [>]–[>]
and Provolone, Asparagus Wrapped in, [>]–[>]
Provolone and Prosciutto, Asparagus Wrapped in, [>]–[>]
**Q**
Quesadillas, Grilled, [>]–[>]
**R**
Racks, grids, and baskets, [>]
Red Rooster Flank Steak, [>]–[>]
Ribs, Barbecued Country-Style Pork, [>]–[>]
Rubs, Dry
Barbecue-Style, [>]
Coriander-Caraway, [>]–[>]
**S**
Salsa Verde, [>]–[>]
Satays, Three, [>]–[>]
Sauce(s)
Fig and Green Olive, [>]–[>]
Garlic-Yogurt, [>]–[>]
Green Olive, [>]–[>]
preparing, with grilled tomatoes, [>]
Salsa Verde, [>]–[>]
Sausage, adding to mussel recipe, [>]
Scallops
adding to appetizer recipe, [>]
sea, compared with bay scallops, [>]
Sea, Grilled, with Bay Leaves, [>]–[>]
Seafood. *See* Fish; Shellfish
Sesame-Peanut Marinade, [>]–[>]
Shellfish
Grilled Sea Scallops with Bay Leaves, [>]–[>]
grilling technique, [>]
Mussels Bordelaise, [>]–[>]
sea scallops compared with bay scallops, [>]
Shrimp with Basil and Prosciutto, [>]–[>]
wrapping and grilling technique, [>]
Shrimp with Basil and Prosciutto, [>]–[>]

Side dishes
Garlicky Grilled Tomatoes, [>]–[>]
Grilled Whole Eggplant, [>]–[>]
Grilled Whole Escarole, [>]–[>]
Grilled Zucchini with Herbs, [>]–[>]
Simple Grilled Potato Wedges, [>]–[>]
Skewers, bamboo and metal, [>]
Smoke flavor, adding, with wood chips, [>]
Smoker boxes, [>]
Spatulas, [>]
Spring-loaded tongs, [>]
Squash. *See* Zucchini
Sriracha Marinade, [>]–[>], [>]–[>]
Starters
Asparagus Wrapped in Provolone and Prosciutto, [>]–[>]
baba ghanoush, preparing, [>]
Classic Bruschetta, [>]–[>]
Grilled Quesadillas, [>]–[>]
Mussels Bordelaise, [>]–[>]
serving stuffed grilled tomatoes as, [>]
Shrimp with Basil and Prosciutto, [>]–[>]
Three Satays, [>]–[>]
Steak(s)
Flank, Red Rooster, [>]–[>]
Porterhouse for Two with Cambozola Butter, [>]–[>]
with Salsa Verde, [>]–[>]
thick bone-in, grilling technique, [>]
thick boneless, grilling technique, [>]
Tuna, with Green Olive Sauce, [>]–[>]
**T**
Thermometer, grill, [>]
Thermometer, meat, [>], [>]
Three Satays, [>]–[>]
Thunder Thighs, [>]–[>]
Tilapia, Tunisian, in Pita, [>]–[>]
Tomatoes
Classic Bruschetta, [>]–[>]
Garlicky Grilled, [>]–[>]
Grilled Quesadillas, [>]–[>]

Tunisian Tilapia in Pita, [>]–[>]
Tongs, spring-loaded, [>]
Tools. *See* Grilling tools
Tortillas
Grilled Quesadillas, [>]–[>]
grilling technique, [>]
Tuna Steaks with Green Olive Sauce, [>]–[>]
Tunisian Tilapia in Pita, [>]–[>]
**V**
Vegetables. *See also* Side dishes; *specific vegetables*
delicate, grilling technique, [>]
hard, grilling technique, [>]
leafy, grilling technique, [>]
parcooking before grilling, note about, [>]
sliced, grilling technique, [>]
whole, grilling technique, [>]
wrapping and grilling technique, [>]
**W**
Wire baskets, grids, and racks, [>]
Wood chips
adding flavor with, [>]
enclosing in foil packet, [>]
**Y**
Yogurt-Garlic Sauce, [>]–[>]
**Z**
Zucchini, Grilled, with Herbs, [>]–[>]

## About the Author

**A. CORT SINNES** is a grilling expert and the award-winning author of more than 20 books, including *The Grilling Book, The Grilling Encyclopedia,* and *The New Gas Grill Gourmet.* He also contributes to *Fine Cooking* and *Cook's Illustrated* magazines. As a gardening expert he has written *In Your Own Backyard, Houseplants,* and *Container Gardening,* as well as many of the original Ortho Book Series titles. He is also an accomplished painter. Sinnes lives in Napa, California.